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A DAY'S PATTERN FOR GOOD EATING

FROM THE "BASIC 7"



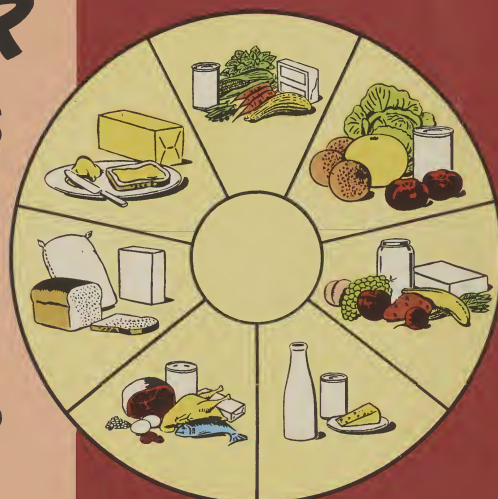
BREAKFAST

FRUIT
CEREAL with MILK
BREAD BUTTER
(Fortified Margarine)
BEVERAGE



LUNCH OR SUPPER

MEAT·POULTRY·FISH·EGGS
CHEESE (Main Dish or Sandwich)
VEGETABLE—Cooked or Raw
(GREEN or YELLOW)
BREAD BUTTER
(Fortified Margarine)
FRUIT MILK



DINNER

MEAT·POULTRY·FISH
EGGS·CHEESE
POTATO VEGETABLE
SALAD
BREAD BUTTER
(Fortified Margarine)
DESSERT BEVERAGE

